

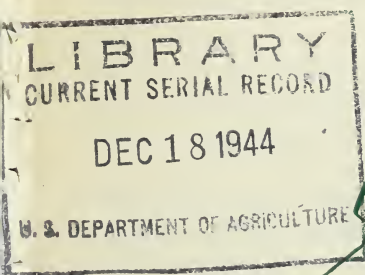
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Cooking

DEHYDRATED VEGETABLES



U. S. DEPARTMENT OF AGRICULTURE

DESIGNED AS SPACE SAVERS in shipping and storage, dehydrated vegetables may be time savers for you in the kitchen.



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Arriving in modern packaged form, they are cleaned, trimmed, cut—all ready to have water added and to be cooked, without even soaking first in some cases.

Dehydrated vegetables are waste savers, too. You can use just what you want for each serving. For example, you may take a teaspoon of dehydrated onion to season a stew and leave the rest in dry storage on the shelf ready for another day.

Food Value and Flavor

That fresh vegetables can be dehydrated until they lose practically all their water and yet hold a good share of their original food value, flavor, and color is an achievement in modern food processing.

Loss is greatest in vitamin C value of the food. Practically all the other vitamin, protein, mineral, and energy values of the fresh vegetable “stay put” when good methods of dehydration and storing are followed.

The proof of a dehydrated vegetable, of course, is in the eating. Some have a flavor as different from the fresh as a dried prune is from the fresh fruit stewed. Others taste so nearly like the same vegetable cooked fresh that you can hardly tell the difference, especially if served with a sauce or combined with other ingredients into a savory dish.

Rules for Cooking

● Follow carefully directions on the package for best results in cooking dehydrated vegetables.

● Soak vegetables that require it until they begin to resemble the fresh vegetable. Soaking too long causes loss of sweetness and flavor. Differences in size of the pieces, variety of vegetable used, and how long the dehydrated food has been stored will make a difference in the soaking time needed.

● Be sure to keep the vegetables completely covered with water during soaking. When cooking the steam helps to rehydrate any pieces above the water.

● Bring vegetables slowly to boiling, then boil gently to keep pieces whole. Cook until tender and plump in a covered pan. Undercooked food is firm and rubbery when pierced with a fork.

● Save the cooking liquid—it contains valuable vitamins and minerals. Serve the liquid with the vegetables (if there's too much, drain off the juice and boil it down). Or use the extra in soups, sauces, gravies. Or combine the cooking liquid from several vegetables with tomato juice and seasonings for a tasty vegetable juice cocktail.

● Serve cooked dehydrated vegetables in any of the ways you would cook fresh vegetables—in creamed or scalloped dishes, in stews, soups, salads. Easiest way is to drain the hot cooked vegetable or serve with the cooking liquid, and season with table fat or meat drippings, salt and pepper to taste.

● A variety of recipes is given on the following pages. These recipes may be used with commercially or home-dried vegetables.

● Store dehydrated vegetables in a cool, dry, dark place. Kept in an airtight glass or tin container in a cool place (65° F. or lower), they will keep for several months—in a refrigerator, for a year or more.

Recipes in this pamphlet are for 6 servings.

DEHYDRATED POTATOES

How to Cook. . .

Dehydrated shredded potatoes.—Potato shreds are best in recipes that call for mashed potatoes.

To cook for mashing, add 2 cups boiling water, $\frac{3}{4}$ cup hot milk, and $\frac{3}{4}$ teaspoon salt to 2 cups dehydrated shredded potatoes. Cover and place over boiling water for 10 to 20 minutes or until potatoes are rehydrated. Add 1 tablespoon table fat and beat until potatoes are fluffy and smooth. Makes about 3 cups.

Dehydrated diced or julienne potatoes.—Add 4 cups boiling water to 2 cups dehydrated diced or julienne potatoes. Soak about 30 minutes in a covered pan. Add 1 teaspoon salt, cover, and bring slowly to boiling (about 5 minutes). Boil gently for 20 to 30 minutes or until tender.

For *hash-browned potatoes*, boil only 10 minutes as they continue to cook while browning.

For *scalloped potatoes*, no precooking is needed. See recipe, page 5.

For *mashed potatoes*, drain cooked potatoes and dry over low heat. Mash, then add $\frac{1}{4}$ to $\frac{1}{2}$ cup hot milk and 1 tablespoon table fat. Beat until light and fluffy. Makes about 3 cups.

To Serve. . .

Potato cakes.—Cool mashed potatoes for at least an hour in a refrigerator or other place as cold. Shape into cakes; roll in flour. Brown on both sides in 1 to 2 tablespoons melted fat. If desired add a little grated onion or cheese, or chopped cooked meat.

Potato puff.—To 3 cups of cold seasoned mashed potatoes add 1 or 2 egg yolks and hot milk to moisten, if needed; beat well. Fold in 1 or 2 egg whites beaten until stiff but not dry. Pile lightly into a greased baking dish. Bake in a moderately hot oven (375° F.) about 30 minutes or until hot through and brown.

Hash-browned.—Drain cooked potatoes (diced or julienne). Cool for at least an hour

in a refrigerator or other place as cold. Brown, turning occasionally, in 2 to 3 tablespoons melted fat with 2 tablespoons chopped onion. Add salt and pepper.

Scalloped.—Use 2 cups scalded milk in place of 2 of the 4 cups of boiling water in cooking directions (p. 4). Soak potatoes (diced or julienne) in the 2 cups boiling water for 20 to 30 minutes. Add salt and pour into a baking dish. Add 1 cup of the scalded milk and bake covered in a moderate oven (325° F.) 30 minutes. Gently stir in remainder of milk; bake another 30 minutes or until potatoes are tender. Remove lid the last few minutes to brown.

Potato salad

Hot.—Cook $\frac{1}{2}$ cup diced salt pork or bacon until crisp. Add $\frac{1}{4}$ cup vinegar, $\frac{1}{4}$ cup water, 1 medium-sized chopped onion, and 3 to 4 cups cooled cooked potatoes (diced or julienne). Season with salt and pepper. Heat well.

Cold.—Combine cold cooked potatoes (diced or julienne) with chopped onion, chopped celery, chopped green pepper, salt, and salad dressing. If desired, add sliced hard-cooked eggs.

DEHYDRATED SWEETPOTATOES

How to Cook. . .

Dehydrated sliced sweetpotatoes.—Add 3 $\frac{1}{2}$ cups boiling water to 4 cups dehydrated sliced sweetpotatoes. Soak about 45 minutes in a covered pan. Add $\frac{1}{2}$ teaspoon salt, cover, and bring slowly to boiling (about 5 minutes). Boil gently 10 minutes or until tender. Makes about 4 cups.

Dehydrated diced sweetpotatoes.—Add 3 cups boiling water to 2 cups dehydrated diced sweetpotatoes. Soak about 45 minutes in a covered pan. Add $\frac{1}{2}$ teaspoon salt, cover, and bring slowly to boiling (about 5 minutes). Boil gently for 25 to 30 minutes or until tender. Makes about 3 cups.

For *hash-browned potatoes*, boil only 15 minutes as they continue to cook while browning.

To Serve. . .

Mashed sweetpotatoes.—Drain and mash hot cooked sweetpotatoes. Add 1 or 2 tablespoons melted table fat. Gradually add enough hot milk to moisten; beat until light and fluffy. Season with $\frac{1}{2}$ teaspoon salt and 1 tablespoon sugar, if desired.

Sweetpotato patties.—To the above mashed sweetpotato mixture add a little chopped cooked bacon or ham. Shape into patties and roll in bread crumbs, flour, or crushed dry breakfast cereal. Brown on both sides in a little fat.

Sweetpotato puff.—To 3 cups mashed sweetpotatoes add 2 beaten egg yolks, 2 tablespoons melted fat, 2 tablespoons sugar (if needed), and about $\frac{1}{2}$ teaspoon salt. Gradually add about $\frac{1}{2}$ cup milk or orange juice and beat until light and fluffy. Add $\frac{1}{2}$ cup raisins (soaked 5 to 10 minutes in boiling water). Beat 2 egg whites until stiff but not dry. Fold into sweetpotato mixture. Pile lightly into a greased baking dish and bake in a moderately hot oven (375° F.) about 30 minutes or until puffed and browned.

Hash-browned.—Drain and cool cooked sweetpotatoes. Brown slowly in a little fat; season with salt and pepper. Stir the potatoes occasionally, or if preferred, brown well on the bottom only, then serve folded in half.

Sweetpotatoes fried with apples.—Cook sliced apples in a little fat until almost tender. Add drained cooked sweetpotatoes and brown with the apples. Season with a little salt and sugar, if desired.

Candied or glazed.—Place cooked sweetpotatoes in a shallow baking dish. Combine 1 cup brown sugar, $\frac{1}{2}$ cup sweetpotato cooking liquid or water, $\frac{1}{2}$ teaspoon salt, and 2 tablespoons table fat; bring to boiling. Pour over potatoes (this makes enough sirup for 3 to 4 cups of potatoes). Bake in moderate oven (350° F.) 20 to 25 minutes or until the liquid

is somewhat thickened and potatoes are glazed. Baste frequently with the sirup during cooking.

Sweetpotato and apple scallop.—Place in a greased baking dish alternate layers of sliced apples and drained cooked sweetpotatoes (chopped roasted peanuts, orange sections, or cooked ham may be used in place of the apples). Sprinkle apple layers with sugar, a little salt, and dot with fat. Pour in enough sweetpotato cooking liquid or water to keep potatoes from sticking and give desired moistness. Cover and bake in a moderately hot oven (375° F.) 30 to 40 minutes or until apples are tender. If desired, remove lid the last 15 minutes of cooking and top with bread crumbs mixed with a little fat.

DEHYDRATED CARROTS

How to Cook. . .

Dehydrated shredded carrots.—To 1½ cups dehydrated shredded carrots add 2½ cups water, and ½ teaspoon salt. Cover and bring slowly to boiling (about 5 minutes). Boil gently 15 to 20 minutes or until tender. Makes 3 cups.

For *mashed carrots*, boil 5 to 10 minutes longer.

Dehydrated sliced carrots.—Add 3 cups boiling water to 1¼ cups dehydrated sliced carrots. Soak about 30 minutes in a covered pan. Add ½ teaspoon salt, cover, and bring slowly to boiling (about 5 minutes). Boil gently 10 minutes or until tender. Makes about 3 cups.

For *mashed carrots*, boil 5 to 10 minutes longer.

Dehydrated diced carrots.—Add 3 cups boiling water to 1 cup dehydrated diced carrots. Soak about 1 hour in a covered pan. Add ½ teaspoon salt, cover, and bring slowly to boiling (about 5 minutes). Boil gently 15 to 20 minutes or until tender. Makes about 3 cups.

For *mashed carrots*, boil 5 to 10 minutes longer.

To Serve. . .

For variety, add chopped parsley, crumbled crisp-cooked bacon, or a little meat extract to cooked carrots that have been seasoned with table fat, salt, and pepper.

Creamed carrots.—Combine 3 cups cooked carrots, 2 cups medium white sauce, and, if desired, 1 tablespoon chopped parsley. Heat.

For a *medium thick white sauce*, blend 4 tablespoons flour with 4 tablespoons melted fat, and 1 teaspoon salt. Add 2 cups milk. Cook over low heat, stirring constantly, until thickened. Makes 2 cups. For a *thin sauce*, use 2 tablespoons of fat to 2 of flour for 2 cups of milk.

For a main dish, add several chopped hard-cooked eggs to creamed carrots and a dash of thyme, if desired, to add zest.* Serve on toast or in pop-over shells.

Scalloped carrots.—Combine 3 cups cooked carrots with 2 to 3 cups thin white sauce. Pour into a greased baking dish and top with soft bread crumbs mixed with a little melted fat. Bake in a moderately hot oven (375° F.) 20 minutes or until crumbs are browned.

Mashed carrots.—Drain and mash cooked carrots while hot. Add 1 tablespoon table fat; beat well. Season with salt and pepper, and moisten with a little of the cooking liquid if needed.

With mashed potato.—Combine 2 cups hot mashed carrots and 1 cup hot mashed potato. Add 1 teaspoon grated onion, 1 tablespoon melted fat, 1 tablespoon chopped parsley, ½ teaspoon salt, and a dash of pepper. Beat well. Serve hot.

In patties.—Shape the mashed carrot-potato mixture into 6 patties; roll in flour or crushed dry breakfast cereal. Brown on both sides in a little fat (about 15 to 20 minutes).

Glazed carrots.—To 3 cups cooked carrots (sliced or diced) and the cooking liquid, add ½ cup granulated or brown sugar, 1 to 2 tablespoons table fat, and ¼ teaspoon salt. Boil gently, stirring frequently, until the liquid

forms a sirup and carrots are glazed. When using granulated sugar, a tablespoon or two of corn sirup in place of an equal quantity of sugar helps to give a better glaze.

Pan-browned carrots.—Drain and combine cooked carrots with a little chopped onion and green pepper and 2 or 3 tablespoons of the cooking liquid. Cook in a small amount of fat until liquid cooks away and carrots are lightly browned. Season with a little salt and pepper.

In stews.—Soaked dehydrated carrots may be used in place of fresh carrots in any meat and vegetable stew. The larger pieces, sliced or diced, are best. Add the soaked carrots and the soaking liquid to the stew for the last 10 to 15 minutes of cooking.

DEHYDRATED BEETS

How to Cook. . .

Dehydrated shredded beets.—To 1½ cups dehydrated shredded beets add 2½ cups water and ½ teaspoon salt. Cover and bring slowly to boiling (about 5 minutes). Boil gently 25 minutes or until tender. Makes 3 cups.

Dehydrated diced beets.—Add 3 cups boiling water to 1 cup dehydrated diced beets. Soak about 1 hour in a covered pan. Add ½ teaspoon salt, cover, and bring slowly to boiling (about 5 minutes). Boil gently for 30 minutes or until tender. Makes 3 cups.

To Serve. . .

For variety, add 2 tablespoons sweet pickle relish to beets when serving them seasoned with table fat and salt and pepper.

Harvard beets.—Mix together ⅓ cup sugar, 1 tablespoon cornstarch, and ½ teaspoon salt. Add ⅓ cup vinegar and ½ cup beet cooking liquid or water. Cook over low heat, stirring constantly, until thickened. Cover and cook over boiling water for 15 minutes. Add 2 tablespoons table fat and 3 cups drained cooked beets. Heat thoroughly to blend flavors.

Beets in orange sauce.—Blend together 1 tablespoon melted table fat and 1 tablespoon flour. Add $\frac{1}{4}$ teaspoon salt, 1 tablespoon brown sugar, and $\frac{1}{4}$ cup beet cooking liquid or water. Cook over low heat, stirring constantly, until thickened. Add $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon grated orange rind, $\frac{1}{2}$ cup orange juice, and 3 cups drained cooked beets. Heat thoroughly.

Beet soup (borsch).—Add 1 cup uncooked dehydrated beets to 1 quart meat stock. (For a quick meat stock use water with bouillon cubes or meat extract.) Cover and bring slowly to boiling. Boil gently about 25 minutes. Add 1 tablespoon table fat, 1 teaspoon salt, 2 tablespoons lemon juice, and 1 tablespoon sugar. Simmer about 10 minutes. Just before serving add 1 to 2 teaspoons thick sour cream to each bowl of soup.

DEHYDRATED CORN

How to Cook. . .

Soak $1\frac{1}{2}$ cups dehydrated corn in 3 cups water for about 2 hours in a covered pan. Add $\frac{1}{2}$ teaspoon salt, cover, and bring slowly to boiling (about 5 minutes). Boil gently 20 to 25 minutes. Makes 3 cups.

To Serve. . .

Mexican style.—Cook $\frac{1}{4}$ cup chopped onion in 2 tablespoons fat for 3 or 4 minutes. Combine with 3 cups drained cooked corn, 2 tablespoons chopped green pepper, 1 teaspoon chili powder, and $\frac{1}{2}$ teaspoon salt. Heat thoroughly to blend flavors. If desired, add 2 tablespoons chopped pimienta just before serving.

Corn rabbit.—Cook 1 tablespoon chopped green pepper and 1 tablespoon chopped onion in 2 tablespoons fat for 3 to 4 minutes. Add 2 cups drained cooked corn and $\frac{3}{4}$ teaspoon salt and heat thoroughly. Remove from heat and stir in 1 to 2 cups grated cheese. When cheese is melted, season with a few drops of tabasco sauce, if desired. Serve on toast or crackers.

Corn pudding.—Beat 3 eggs slightly. Add 2 cups drained cooked corn, 1 or 2 tablespoons melted fat, 2 cups milk, $\frac{3}{4}$ teaspoon salt, and a little pepper. Pour into a greased baking dish. Bake in a moderate oven (350° F.) about 50 minutes or until set.

Scalloped corn and tomatoes.—Combine $2\frac{1}{2}$ cups fresh or canned (No. 2 can) tomatoes, 3 cups drained cooked corn, $\frac{1}{4}$ cup minced onion, 2 tablespoons minced green pepper, $\frac{1}{2}$ teaspoon sugar (if desired), 1 teaspoon salt, and pepper. Place in a baking dish alternate layers of the corn-tomato mixture and soft bread crumbs (1 to 2 cups for the recipe), ending with bread crumbs. Dot with fat. Bake in a moderately hot oven (375° F.) 20 to 30 minutes.

Corn chowder

1 cup dehydrated corn	$1\frac{1}{2}$ cups milk
2 cups cold water	$1\frac{1}{2}$ teaspoons salt
2 cups diced raw potatoes	Pepper
	2 tablespoons chopped
$1\frac{1}{2}$ cups boiling water	parsley or celery
$\frac{1}{4}$ cup diced salt pork or bacon	leaves
2 tablespoons chopped onion	

Soak the corn in the cold water about 2 hours. Add potatoes and boiling water. Cook 10 minutes. Cook the salt pork or bacon and onion until the meat is crisp and the onion lightly browned. Add to the corn and potatoes. Continue to cook until vegetables are tender. Add milk, salt, and pepper. Heat well and add parsley or celery leaves. Serve at once.

DEHYDRATED PEAS

How to Cook. . .

Soak $1\frac{1}{2}$ cups dehydrated peas in $2\frac{1}{2}$ cups water about 30 minutes in a covered pan. Add $\frac{1}{2}$ teaspoon salt, cover, and bring slowly to boiling (about 5 minutes). Boil gently for 20 minutes or until tender. Makes about 3 cups.

Boil 35 minutes when peas are to be pressed through a sieve as in recipe for timbales.

To Serve. . .

Creamed peas.—Combine 3 cups drained cooked peas with 2 cups medium white sauce (p. 8) seasoned with salt and pepper.

For a baked dish, place equal quantities of cooked noodles, cooked peas, flaked salmon, and white sauce in a greased baking dish. Top with bread crumbs and bake in a moderately hot oven (375° F.) about 20 minutes or until browned.

Peas scalloped with rice and tomatoes.—Lightly brown $\frac{1}{4}$ cup chopped onion in 2 tablespoons fat. Combine with 2 cups drained cooked peas, 1 cup cooked rice, $1\frac{1}{2}$ cups cooked or fresh tomatoes, 1 teaspoon salt, and a little pepper. Pour into a baking dish and top with 1 cup soft bread crumbs. Bake in a moderately hot oven (375° F.) about 25 to 30 minutes.

Cream of pea soup.—Cook 2 tablespoons chopped onion in 2 tablespoons melted table fat until lightly browned. Blend in 2 tablespoons flour. Add 1 quart milk, 1 teaspoon salt, and a little pepper. Cook over low heat, stirring constantly, until slightly thickened. Add 2 cups drained cooked peas and the cooking liquid if not more than 1 cup. If cooking liquid is quite dark, use only a little in cream soup. Heat.

Cooked carrots or spinach may be used in place of peas in the above recipe.

Pea timbales

3 cups cooked peas	2 tablespoons melted
3 eggs, separated	table fat
2 teaspoons grated onion	1 teaspoon salt
	Dash of pepper

Press peas through a sieve (there should be about $1\frac{1}{2}$ cups). Beat the egg yolks and add sieved peas. Add the onion, fat, salt, and pepper. Beat egg whites until stiff but not dry and fold in the pea mixture. Fill greased timbale molds or custard cups. Place on a rack, if you have one, in a pan of hot water. Bake in a moderate oven (350° F.) 15 to 20 minutes or until set. Serve plain or with mushroom or brown sauce.

DEHYDRATED SNAP BEANS

How to Cook. . .

To $1\frac{3}{4}$ cups dehydrated snap beans add 3 cups water and $\frac{1}{2}$ teaspoon salt. Cover and bring slowly to boiling (about 5 minutes). Boil gently 30 minutes or until tender. Makes 3 cups.

To Serve. . .

With sauces.—Combine 3 cups drained cooked snap beans with 2 cups medium white sauce (p. 8) or mustard sauce made by adding about 1 to 2 tablespoons of prepared mustard to white sauce. Or serve snap beans with a tomato sauce.

Boiled dinner.—Brown $1\frac{1}{2}$ pounds spare-ribs (without fat added to pan). Add 2 cups hot water and simmer, covered, about 1 hour. Pare and halve 5 to 6 medium-sized potatoes; add to the meat. Add a little more water, if needed. Cook until potatoes are tender. Add 3 cups cooked snap beans and the cooking liquid for the last 10 minutes of cooking. Season with salt and pepper.

In stews.—Add cooked dehydrated snap beans and cooking liquid to meat and other vegetables the last 10 to 15 minutes of cooking.

Bean chowder

$\frac{1}{4}$ cup diced salt pork or bacon	1 cup cooked whole- kernel corn
2 tablespoons chopped onion	1 quart milk (or milk and cooking liquid)
$1\frac{1}{2}$ cups cooked snap beans	1 teaspoon salt
	Pepper
	Grated cheese

Cook the salt pork or bacon until crisp. Remove the meat and all but 2 tablespoons of drippings. Cook the onion in the drippings until lightly browned. Add the snap beans, corn, milk, salt, pepper, and salt pork or bacon. Heat and serve garnished with grated cheese.

DEHYDRATED SPINACH

How to Cook. . .

To 8 cups (loosely packed) dehydrated spinach leaves (or 4 cups crushed), add 3 cups boiling water and $\frac{1}{2}$ teaspoon salt. Cover and bring slowly to boiling (about 5 minutes). Boil gently 5 to 8 minutes or until tender. Makes 3 cups.

To Serve. . .

For variety in flavor, add a little lemon juice or vinegar when you season spinach with table fat and salt and pepper.

Or serve spinach with sliced hard-cooked eggs or season with a little bacon fat and crumbled cooked bacon in place of the table fat.

If desired, cook a few sliced scallions or spring onions 2 or 3 minutes in the table fat before adding to the spinach.

To 3 cups drained cooked spinach, add a teaspoon grated onion, $\frac{1}{4}$ to $\frac{1}{2}$ cup thick sour cream, 1 tablespoon horseradish, and about $\frac{1}{2}$ teaspoon salt. Heat; mix carefully.

Au gratin.—Cook 2 or 3 slices bacon until crisp. Remove from fat; drain and crumble. Make 2 cups thin white sauce (p. 8), using some of the bacon drippings for part or all of the fat. Place alternate layers of drained cooked spinach (3 cups for the recipe), bacon, white sauce, and grated cheese (1 cup for the recipe) in a greased baking dish. Top with 1 cup of soft bread crumbs. Bake in a moderate oven (350° F.) 15 to 20 minutes or until browned.

Spinach ring

1 teaspoon minced onion	Pepper
2 tablespoons fat	3 eggs, separated
2 tablespoons flour	3 cups chopped cooked
1 cup milk	spinach
1 teaspoon salt	

Cook the onion in the fat until lightly browned. Blend in the flour. Gradually add the milk. Cook over low heat, stirring constantly, until thickened. Add salt and pepper.

Beat the egg yolks. Gradually add the white sauce. Combine with the spinach. Beat egg whites stiff but not dry. Fold in the spinach mixture. Pour into a well greased ring mold; place in a pan of hot water. Bake in a moderate oven (350° F.) for 45 to 50 minutes or until set. Turn out immediately on a hot platter. Fill center with creamed eggs, fish, meat, or poultry.

If preferred, bake the mixture in custard cups 20 to 25 minutes.

DEHYDRATED BROCCOLI

How to Cook. . .

Soak 2½ cups dehydrated sliced broccoli in 2¾ cups water about 30 minutes in a covered pan. Add ½ teaspoon salt. Cover and bring slowly to boiling (about 5 minutes). Boil gently 6 to 15 minutes or until tender. Makes 3 cups.

To Serve. . .

With sauces.—Serve the drained, hot cooked broccoli with hollandaise sauce, or a sour cream sauce made by combining ¾ cup thick sour cream, ½ teaspoon horseradish, ½ teaspoon prepared mustard, and a little salt.

Broccoli souffle

2 tablespoons fat	¾ teaspoon salt
2 tablespoons flour	Pepper
½ cup milk	¼ cup grated parmesan-
3 or 4 eggs, separated	style cheese
2 cups chopped cooked broccoli	

Melt the fat; blend in the flour. Gradually add the milk. Cook over low heat, stirring constantly, until thickened. Beat the egg yolks. Gradually add the sauce, then the broccoli, salt, pepper, and cheese. Mix well. Beat egg whites until stiff but not dry; fold in the vegetable mixture. Pour into a greased baking dish and bake in a slow oven (300° F.) about 50 minutes or until set. Serve with tomato or cheese sauce, if desired.

DEHYDRATED CABBAGE

How to Cook. . .

To 2 cups dehydrated shredded cabbage add 4 cups boiling water and $\frac{1}{2}$ teaspoon salt. Cover and bring slowly to boiling (about 5 minutes). Boil gently 10 to 15 minutes or until tender. Makes about 3 cups.

If the recipe calls for soaked uncooked cabbage, soak 2 cups cabbage in 3 cups water for about 30 minutes.

To Serve. . .

With cream sauce.—Combine 3 cups cooked cabbage with 2 cups seasoned medium white sauce or brown sauce. Heat thoroughly.

For a baked dish, place alternate layers of the cooked cabbage, white sauce, and grated cheese in a greased baking dish. Top with bread crumbs mixed with a little melted fat. Bake in a moderate oven (350° F.) 20 minutes or until crumbs are brown.

Savory cabbage.—Dice 2 strips bacon and cook until crisp. Add 1 to 2 tablespoons vinegar or lemon juice, 1 teaspoon sugar, and a little salt. Pour over 3 cups hot cooked drained cabbage; combine quickly. Serve at once.

Scalloped cabbage and apples.—Place in a greased baking dish alternate layers of sliced apples and soaked uncooked cabbage. Sprinkle cabbage layers with a little salt and dot with fat—sprinkle apple layers with a little sugar. Add enough water to keep from sticking. Top with bread crumbs mixed with a little melted fat. Cover and bake in a moderately hot oven (375° F.) 30 to 40 minutes or until tender. Remove lid during the last 15 minutes of cooking to brown crumbs.

Panned cabbage.—Drain soaked uncooked cabbage. Cook covered in 2 tablespoons melted fat until tender but not mushy, stirring occasionally. Season with salt and pepper.

Cabbage slaw.—Drain soaked uncooked cabbage and combine with French dressing or cooked salad dressing, salt and pepper to taste, and a little minced onion, if desired.

DEHYDRATED CAULIFLOWER

How to Cook. . .

Soak 2 cups dehydrated sliced cauliflower in 3 cups boiling water about 30 minutes in a covered pan. Add $\frac{1}{2}$ teaspoon salt, cover, and bring slowly to boiling (about 5 minutes). Boil gently about 10 minutes or until tender. Makes 3 cups.

To Serve. . .

With cheese sauce.—Add 1 or 2 cups grated cheese to 2 cups hot thin or medium white sauce (p. 8), stirring until cheese is melted. Pour over drained, hot cooked cauliflower.

Au gratin.—Place 3 cups cooked cauliflower in a greased baking dish and pour over it a cheese sauce made as above. Sprinkle with bread crumbs mixed with a little fat and bake in a moderate oven (350° F.) 15 to 20 minutes or until crumbs are browned.

Another way is to place alternate layers of the cauliflower, white sauce, and grated cheese in a baking dish and bake as above.

With tomatoes.—Heat together cooked cauliflower and cooked tomatoes seasoned with salt and pepper.

For a baked dish, place the vegetables in a greased baking dish and season with 1 tablespoon melted fat, 2 tablespoons minced onion, 2 tablespoons chopped green pepper, 1 teaspoon salt, and pepper to taste. Top with soft bread crumbs mixed with a little melted fat. Bake in a moderately hot oven (375° F.) 15 to 20 minutes or until crumbs are browned. For a thicker mixture, add 1 cup soft bread crumbs to tomatoes.

DEHYDRATED ONIONS

To prepare dehydrated onion chips.—Soak 2 cups dehydrated onion chips in 3 cups cold water for 20 to 30 minutes or in boiling water for 5 minutes. (Use the hot water for soaking if a milder flavor is desired.) Crush the chips before soaking if they are to be used in cream soups or other recipes that call for fine pieces. Stir the onions occasionally. Drain and use as you would fresh chopped onions, to add flavor to salads or relishes, soups, stews, or other dishes. Use the soaking liquid that is left for flavoring soups, sauces, gravies.

To Cook and Serve. . .

Fried onions.—Place about 3 cups drained soaked onion chips in about 3 tablespoons melted fat. Cook, stirring occasionally, until golden brown. Add the onion soaking liquid and season with $\frac{1}{2}$ teaspoon salt. Cook uncovered until liquid evaporates.

Smothered onions.—Brown drained soaked onion chips in about 3 tablespoons melted fat, stirring occasionally. Heat soaking liquid (if desired, add a bouillon cube or 1 tablespoon meat extract), and add to onion chips with $\frac{1}{2}$ teaspoon salt. Cover; simmer about 30 minutes.

Cream of onion and potato soup.—Combine $1\frac{1}{2}$ cups soaked onion chips and soaking liquid, 3 cups cubed potatoes, 2 cups boiling water. Cover and cook 15 to 20 minutes or until potatoes and onion chips are tender. Add 3 cups hot milk, $1\frac{1}{2}$ teaspoons salt, and 1 tablespoon table fat. Heat thoroughly.

DEHYDRATED SLICED MUSHROOMS

How to Cook. . .

Soak 2 cups dehydrated sliced mushrooms in $1\frac{1}{2}$ cups water for about 30 minutes in a covered pan. Add $\frac{1}{2}$ teaspoon salt, cover, and bring slowly to boiling (about 5 minutes). Boil gently for 20 to 25 minutes or until tender. Makes $1\frac{1}{2}$ cups.

To Serve. . .

In scalloped meat, fish, poultry, or vegetable dishes.—Place in a greased baking dish alternate layers of cooked cubed meat or fish, or poultry, or vegetables; cooked sliced mushrooms; and thin white sauce (p. 8). Top with bread crumbs and bake in a moderately hot oven (375° F.) about 20 minutes.

For a "different" vegetable scallop try green peas combined with asparagus and mushrooms.

In soup.—Chop fine 1½ cups cooked sliced mushrooms. Cook 1 tablespoon minced onion in 2 tablespoons melted table fat until lightly browned. Blend in 2 tablespoons flour. Gradually add 2 cups milk and cook over low heat, stirring constantly, until thickened. Add mushrooms. Heat over hot water about 10 minutes.

Mushroom and ham soufflé

1 cup diced cooked ham	1½ cups milk
3 tablespoons fat	1½ cups finely chopped
⅓ cup flour	cooked mushrooms
¾ teaspoon salt	3 or 4 eggs, separated
Pepper	

Brown ham lightly in the fat. Blend in the flour, salt, and pepper. Gradually add milk. Cook over low heat, stirring constantly, until thickened. Add mushrooms. Beat egg yolks well; gradually add mushroom mixture. Beat egg whites stiff, but not dry; fold in egg yolk mixture. Pour into greased baking dish and bake in a slow oven (300° F.) 50 to 60 minutes. Serve immediately.

DEHYDRATED CELERY LEAVES, PARSLEY, AND GREEN PEPPER SHREDS

Use dehydrated celery leaves, parsley, or green pepper shreds in place of fresh in soups, stews, sauces, creamed or scalloped dishes, or any other recipe in which they are called for.

The amount to add depends on how much flavor is desired. Usually about 1 to 2 tablespoons give a good flavor.

MIXED VEGETABLES

Good Mixers Are. . .

- Carrots with peas or green beans, or sliced onions, or celery
- Corn with green lima or snap beans
- Peas with cauliflower, or celery, or asparagus, or carrots
- Snap beans with whole kernel corn, or onions, or celery

Season mixed cooked vegetables with table fat or meat drippings, salt, and pepper. Or add a thin or medium white sauce and serve, or place creamed mixture in a greased baking dish, sprinkle with bread crumbs, and bake in a moderately hot oven (375° F.) 15 to 20 minutes.

In Salads. . .

Any of the above vegetable combinations make attractive mixed vegetable salads. Add enough French dressing to lightly coat the cooked vegetables and let stand in a cold place about 30 minutes. Serve on lettuce or other salad greens, with salad dressing.

For variety in flavor add a little chopped onion and celery; or pickle, nut meats, or diced cheese; and a little salt and pepper, if needed.

In Vegetable Soup. . .

A quick and easy way to get variety in vegetable soup is to use dehydrated vegetables in place of one or more of the fresh vegetables. Unless the dehydrated vegetables require long soaking (over an hour) drop them into the hot meat broth without soaking, along with the fresh vegetables. But be sure to add extra liquid when you use dehydrated vegetables.

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